



COMO PARK PACERS

WALKING GROUP *FREE TO JOIN*

Come join your neighbors and enjoy Columbia's parks!

- Walk for 30 min every Thursday
- Meet members of your community – all ages welcome!
- Experience and learn about the numerous benefits of walking; both mental and physical.
- Get outside and get familiar with Columbia's awesome parks.

"...but the beauty is in the walking;
we are betrayed by destinations." –
Gwyn Thomas

Health Benefits:

- Alleviate Depression and Fatigue
- Limit Chronic Disease and Lower Risk of Heart Disease
- Reduces Lower Back and Joint Pain

Fall Session –
Thursdays – 6:00
to 7:00 pm

Indian Hills Park:
8/3, 8/17, 9/7,
9/21, 10/5, 10/19

5900 Aztec Blvd
Columbia, MO 65202

Auburn Hills Park:
8/10, 8/24, 9/14,
9/28, 10/12, 10/26

5101 Derby Ridge Dr
Columbia, MO 65202

Meet under the shelter!
Both Parks!

For more information:
Caleb.Floyd@como.gov, or
call The Armory Sports and
Community Center at
573-817-5077



